



**BE THERE.
BE HEALTHY.**

**October 11,
2009**

FAMILY BICYCLE RIDE

Our Lady of Bellefonte Hospital (OLBH) in conjunction with **Ashland Cycling Enthusiasts** and the **Greenup County Extension Agency** will present a free bicycle ride, **Sunday, Oct. 11** from 2-4 p.m. on the parking lot of Bellefonte Pavilion (2000 Ashland Drive, Russell.)

The bike ride is free and open to everyone and will take place rain or shine. Participants should bring a helmet. Additionally, attendees young and old are encouraged to walk the walking trail behind Bellefonte Pavilion. The family-centered ride is part of Second Sunday, a statewide event that encourages all forms of physical activity within local communities and is designed to keep Kentuckians moving. Communities across the state will present physical activities Oct. 11.

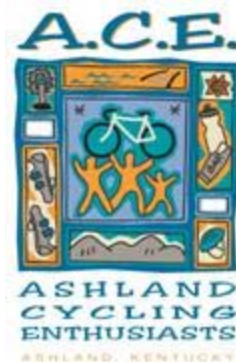
For more information on the bike ride, contact the OLBH *CareLine* at (606) 833-CARE (2273), visit the hospital's Web site at www.olbh.com or visit the Ashland Cycling Enthusiasts Web site at www.ashlandcycling.org.



OUR LADY OF BELLEFONTE HOSPITAL
Bon Secours Kentucky Health System

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